

MAYOR'S OFFICE FOR SENIOR CITIZENS

October 2014 COFFEE HOUR

Fun and Fitness for 50+



Brenda Kramer

Join Us for a Conversation with

Brenda Kramer

Manager of Lifelong Recreation,
Seattle Parks and Recreation
and

Sasha May

Senior Services' Assistant Director
for Project Enhance



Sasha May

The Central Building

810 3rd Avenue,
1st Floor Conference Room
Seattle, WA 98104

Thursday, October 16, 2014

10:00 - 11:00 a.m.

The Mayor's Office for Senior Citizens' Coffee Hours bring community elders closer to City officials and explore a variety of topics of interest to older adults. They provide opportunities to learn about City programs and services and give officials an opportunity to hear from their constituents. Other topics examine cutting edge information about healthy aging, legal and planning issues, and more. Coffee and refreshments are served. Coffee Hours are held the 3rd Thursday of every month at the Central building and at various locations in Seattle neighborhoods.

For questions about accessibility or to request an accommodation, contact Rowena Rye (tel. 206-684-0500 or TTY 206-684-0702 or e-mail seniors@seattle.gov). Requests should be made as soon as possible but at least 3 days prior to the event.

www.seattle.gov/seniors

206-684-0500 | seniors@seattle.gov



SEATTLE
HUMAN
SERVICES